#147
May 2025

The CRAZY WISDOM Monthly

Singer, Bandleader, Performer

Dani Darling

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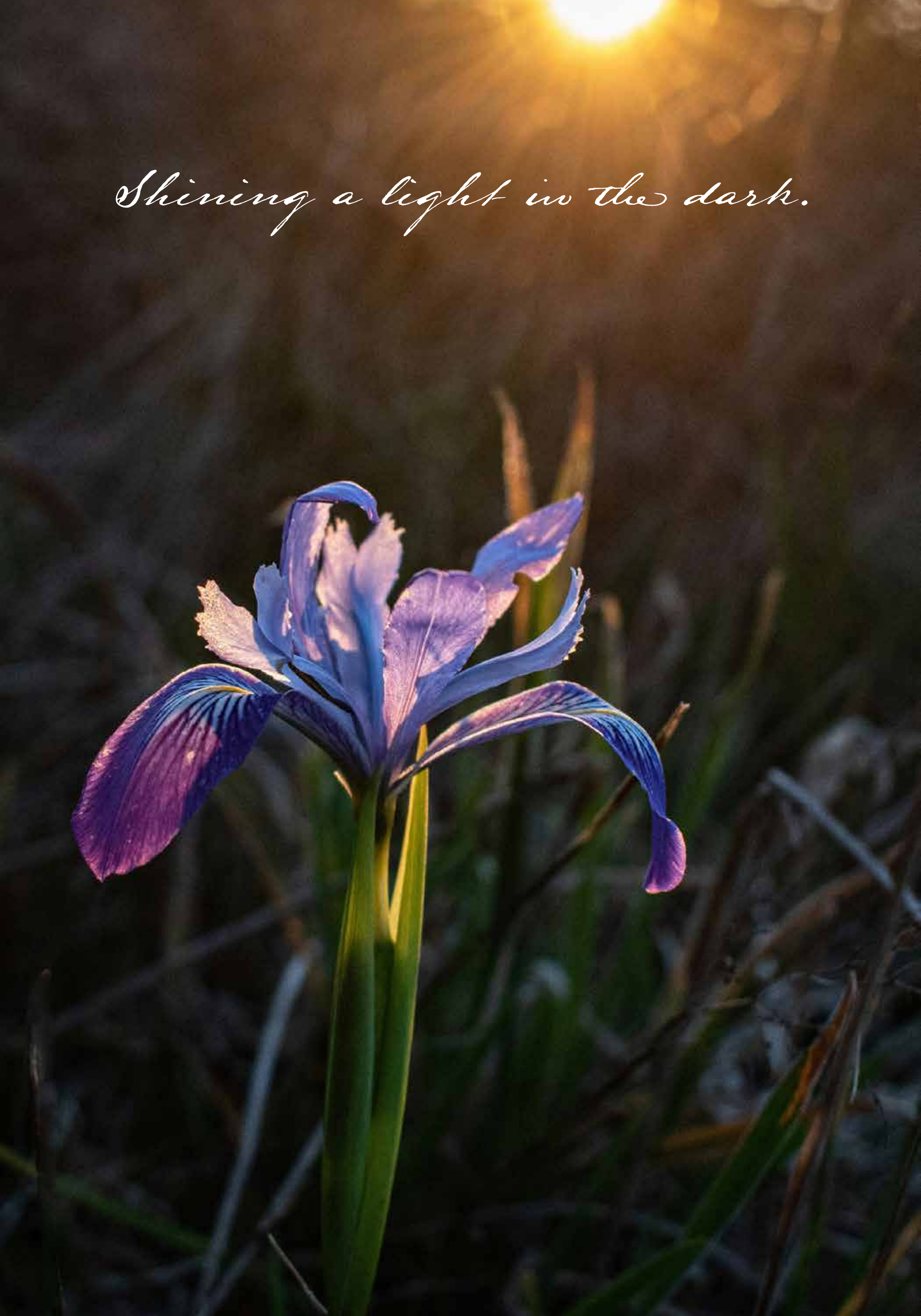

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Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Eremitism

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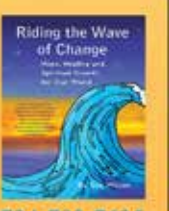

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Singer, bandleader, and performer, Dani Darling. Photo taken by Hilary Nichols.

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The spring issue of *The CW Journal* available now!

The Crazy Wisdom Community Journal

issue 89

Features

- Judy Ramsey Shamanic Practitioner & Animal Communicator
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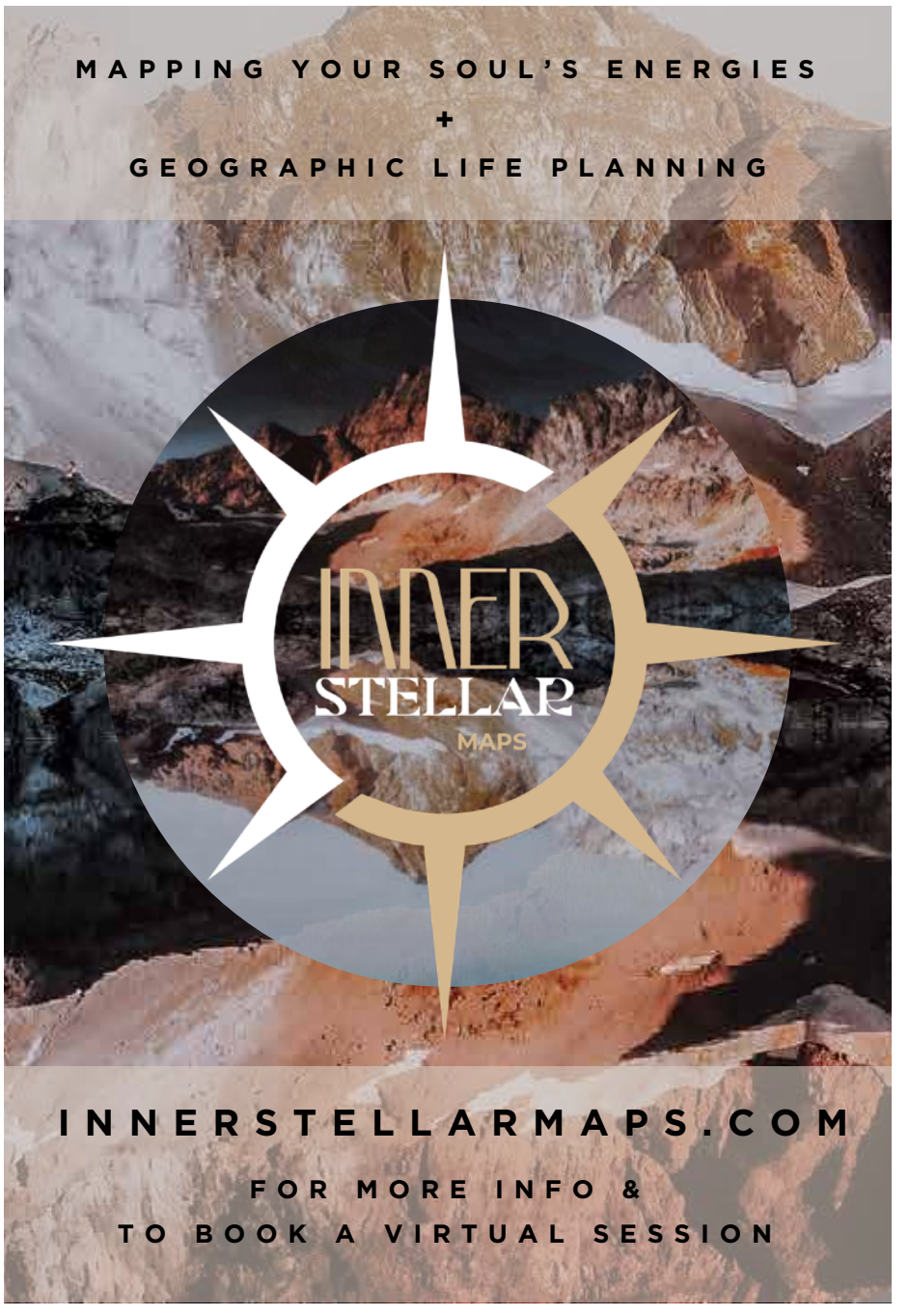


Kindred Conversations

with Hilary Nichols

Singer, Bandleader, and Performer Dani Darling

Story and Photos By Hilary Nichols

Last summer, as she has every summer since 2018, Dani Darling performed at the Ann Arbor Summer Fest. This time she took to the main stage with her identical triplet sisters as guests to drop into an electrifying harmony like it was their first language—maybe because it was.

"We have been singing harmonies since before I can remember," shared Darling. "It was the first thing we could do. Even before we could talk." The Davis triplets were called up every Sunday at church. Identical triplets are one in a million, or three in a million, actually. Illuminated in the evening twilight in front of a glowing Rackham Hall, Darling commanded the stage with her whole heart. "To play the Summer Fest stage, it's my biggest show of the year. It means the most to me," she shared. "It is so good to see former teachers, classmates, and friends in the audience. I am truly a product of the Ann Arbor education system." Darling was a star student in orchestra, show-choirs, and more. "It really makes me so proud to be from Ann Arbor."

After college, "I wanted to establish my own thing," Darling said. She dabbled singing backup with reggae acts and jazz bands and then joined the Black Opera in 2017. "I learned so much about the music business." The Black Opera is a musical cooperative out of Detroit. "I gained the skills to do my own studio work, record myself, and craft my own projects." It was at that point that she started her solo work, ready to be her own artist. "That's when I became Dani Darling, just me."

It was at one of her solo shows that a bass player came up and offered to accompany her. That is how she met her best friend, Noor. "Then we were a band of two." At the next show a guitar player joined them, and the following show, a drummer offered to join. "It was like the yellow brick road," noted Darling. As a band leader of four, Darling loved writing and arranging the songs. "I am always trying to push the sound forward."

> "I take pride in crafting words and meaning that people will remember."
>
> –Dani Darling

Whether as a solo artist or with her groups, her writing process starts with making a lot of notes. Darling records melodies or tidbits into her voice memos to collect all the ideas as they arise. "My favorite way is to just play some of my favorite chords on my guitar until I hear a melodic line and then fit some poignant lyric that goes with it." She continued, "If it sounds like a poem, it will be a good song." Darling was a poet in high school and still writes in poetic form. "I take pride in crafting words and meaning that people will remember."

"My favorite song on my new project is called 'Same.'" Emblematic of her poetic process, she burst into song. "I love you and I want to say, where there is a will, there is a way. I say a prayer and it is your name. I will never ever be the same." "Same" was written after she moved an hour away from her best friend Noor, and they don't see each other as often. If this best friend love song seems uncommon, that is right in-line with Darling's work. Her sound is crafted from a great variety of influences. She describes her work as retro soul heavily inspired by the 1970s. "That music was so positive and sunny," she shared. "When it was just my daughter and I stuck at home, this was the music that we wanted to hear." She began posting covers on her social media accounts during the pandemic. "It was the music that would lift us up." Her audience agreed and grew. A fan base lined up quickly and inquired right away, "Are you coming back tomorrow?" She was happy to respond. "There was a need, so I rose to the occasion."

Whether posting covers or releasing originals, Darling's sound is sun flare sweet, bright, and alive with lush layers. Her pieces share a brave creativity, like a collage of sound, that is honest and engaging, as she speaks straight through to her audience. This is not 70's simple anymore. Her influences pull from world music, disco, and psychedelic certainly, but also theatrical effects, vintage elements, and experimental recording devices along with the cosmos woven throughout. In fact, she often looks to the sky for her inspiration. "I spend a lot of time talking about the cosmos." Many of her songs are otherworldly though rooted in Americana.

"I can take anything that is happening and zoom out to experience the loftiness of whatever situation I am in. I have a lot of themes that are cosmic." Darling is a certified astrologer and posts her Hellenistic Astrological readings on one of her many social media pages. Her online presence continues to grow. "I keep up on it because people were asking me for it." Her most popular song on Spotify has over 55,000 streams.

Singer, band leader, astrologer, and recently Darling has added professor to her online identities. As a passion project, she is teaching a theology course at HillmanTok University which is an online class through HBCU (Historically Black College & Universities) created by black educators to offer course work on TikTok. "I did an intro video and was blown away by how many people replied, 'I will come to your class.' It was like a runaway train." Darling's courses have gone viral garnering over 2000 followers and likes.

Tiktok provides a lot of traction to funnel her audience toward the other platforms as well. "It seems I can maintain a good spot when I am consistent. Though it can become a lot." Darling recognizes the dichotomy of being a content creator. In her most popular song to date 'S + M' she sings of the sadomasochism of social media: "Tell me how to get off. I just want to get off… I can't go outside, I am going live…I am aware all these likes are not cares… I feel like all these names are eyes. Why you like to watch me cry?" Darling preaches moderation of on-line life.

Though online is where she attracts her real-life bookings and opportunities as well. She was offered the Amplify fellowship sponsored by LEON Speakers and Grove Street studios. *Detroit Metro Times* put her on the cover and *Current Magazine* awarded her Best Jazz/Blues vocalist of 2024.

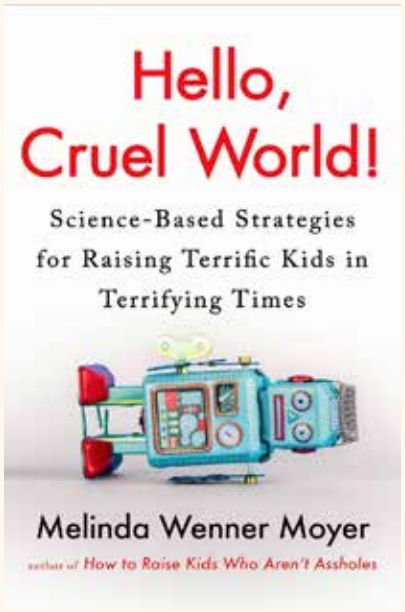
Her music career is her muse, but Dani Darling shares her passions through her role at the Neutral Zone in Ann Arbor. "Helping teens to find their purpose is definitely my calling. It is righteous work to motivate and orient these young people at a time like this." Darling is Program Coordinator and Curator of the Artist in Residence program at the Neutral Zone as well as an MYDA Educator (a nation-wide coalition of community-based organizations that use music as a youth-development tool). For two years Darling has coordinated programs like Beats, Songwriting, Jam Sessions, Poetry, and Women of Color. She also runs Neutral Zones podcast division.

It is a full life, even before being a mother. Darling's fifteen-year-old daughter, Eden, is hearing impaired. "I have been fortunate to be able to provide her with solutions here so close to the U of M facilities." Darling expressed about her daughter's cochlear implant surgeries: "To be able to take a child that is profoundly deaf and turn on her hearing. It feels so amazing that I was able to tap into the resources to get her that care. It is one of the things that I am most proud of," she shared. "My daughter is a fan of mine, but it was one of the most exciting days when I heard her singing along to Whitney Houston. That's my girl!" Darling beamed.

Darling found herself thankful for U of M's medical care as well, when she had difficulty speaking while on stage. Aphasia, a disorder to one's ability to communicate, led to her diagnosis of Multiple Sclerosis. With chemotherapy treatment twice a year she has minimal symptoms now, other than having to manage her fatigue, mostly. "I do spend time addressing grief at having a chronic illness and how my life has changed because of it," she shared. Her current project is a lot more personal in response. "So, I talk about my health. I want to be a resource to help anyone navigate any limitations." Her upcoming project is a testament and a tribute to those with such concerns and bright with the light of her glow. "I'm calling this project "cazimi" because the sun is very important in my life. "In astrology a "cazimi" is when a planet is drawn into the sun's orbit, or what we call the sun's embrace. It's a special moment full of enlightenment, healing and warmth with the sun and our hearts." Darling shared.When we get to listen to this work there is not doubt, "These are songs from the heart."

Explore her cosmos by visiting Dani Darling through her social media outlets. Visit her online at: danidarling.org. On Instagram@danidarling and @ danidarlingastro. You can listen to Darling on Spotify at open.spotify.com/ artist/6OSNbDPLGoQgobWLtV566h?si=59p9iUH9RQKYRRxiyNqJgQ.

CW Book Picks *of the month*



In the blink of an eye, our kids will be adults facing countless serious threats—climate change, gun violence, political polarization, and disinformation, to name but a few. We're not going to be able to solve all these intractable problems before our kids grow up—so how are we to prepare them for an impossibly complex and scary future?

Plagued by this question, award-winning science journalist Melinda Wenner Moyer interviewed parenting experts and researchers across multiple fields—psychology, education, information literacy, technology, business, and even addiction. What she discovered: even in these uncertain times, we can still teach our kids how to take care of themselves, fight for what they believe in, and bridge divides in ways most adults aren't equipped to do.

In Hello, Cruel World!, Moyer provides practical, comprehensive, science-backed tools to help our children handle the world they will inherit. Her strategies help children develop three core attributes—coping mechanisms, connection techniques, and cultivation practices—so that kids can learn to set boundaries, take responsibility for their actions, build healthy relationships in turbulent times, and much more. By being activists in our parenting, we can set our kids up to not just survive, but also build a better world for themselves and future generations.

Purchase your copy of Hello, Cruel World! at shopcrazywisdom.com

An astonishing memoir that explores how far we will go to protect ourselves, and the healing made possible when we face our secrets and begin to share our stories

For decades, Amy ran. Through the dirt roads of Amarillo, Texas, where she grew up; to the campus of the University of Virginia, as a student athlete; on the streets of New York, where she built her adult life; through marriage, motherhood, and a thriving career. To outsiders, it all looked, in many ways, perfect. But Amy was running from something—a secret she was keeping not only from her family and friends, but unconsciously from herself. "You're here, but you're not here," her daughter said to her one night. "Where are you, Mom?" So began Amy's quest to solve a mystery trapped in the deep recesses of her own memory—a journey that would take her into the burgeoning field of psychedelic therapy, to the limits of the judicial system, and ultimately, home to the Texas panhandle, where her story began.

In her search for the truth, to understand and begin to recover from buried childhood trauma, Griffin interrogates the pursuit of perfectionism, control, and maintaining appearances that drives so many women, asking, when, in our path from girlhood to womanhood, did we learn to look outside ourselves for validation? What kind of freedom is possible if we accept the whole story and embrace who we really are? With hope, heart, and relentless honesty, she points a way forward for all of us, revealing the power of radical truth-telling to deepen our connections—with others and ourselves.

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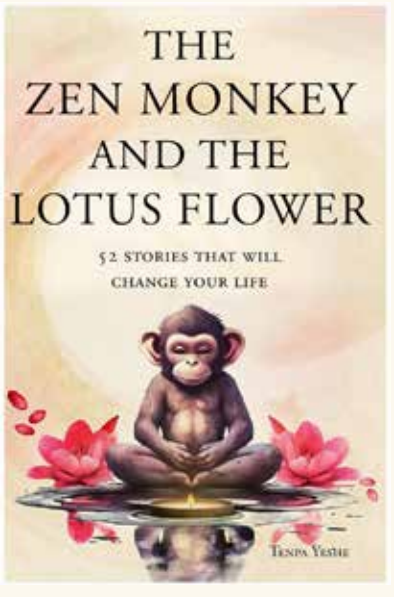

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What's New in the Community spotlight!

By Lynda Gronlund

As part of the Ann Arbor District Library's Ann Arbor 200 project celebrating the city's bicentennial, local composer Sarah Tea released "Fifth Wall," a soundtrack for the historic Michigan Theater.

The digital soundtrack is available virtually, allowing listeners to explore the 1927 building while experiencing the music. A map of the theater with a suggested path for the soundtrack is included on the library's permanent web page for the piece. Tea talked about growing up in the 1980s, when many movie theaters built in the 1930s were neglected or carelessly updated by destroying the original ornate decoration with layers of paint, neon signs, and ugly carpets. Today, some of these theaters have been restored to their original architectural and decorative grandeur including Ann Arbor's Michigan Theater. In this project, Tea invites listeners to appreciate the theater for itself as an architectural work of art and a place of rich history. It has housed many performances and soundtracks, but this soundtrack is its own.

Tea said "at its core, this project is about pausing. It's about reflecting on the individuals and the hard work that goes into creating spaces like this in our community. With this soundtrack, we're breaking the 'Fifth Wall'—bridging the gap between creators, caretakers, performers, and audiences." She added that much of the time, people don't feel they have permission, or a reason, to pause and appreciate a place and take in the full experience. This soundtrack is "a permission slip to really take time with the theater and the space in a new way."

The piece was composed and recorded digitally, with a mixture of synthesizers, audio samples from the interior space of objects within the Michigan Theater, and samples from the BBC Symphony Orchestra, which were made available to musicians during the Covid-19 pandemic lockdown so that they could continue creating and recording. Tea said that she would love for the piece to be played live, but funding would need to be obtained to make this possible.

Tea is chronically ill, and the ability to use digital programs and samples for composing has been very valuable to her. Other songs and projects she's done have incorporated a mix of live musicians and digital/orchestral samples as well. Her recent work Resonant Soundscapes used the downtown Ann Arbor belltower carillon mixed with organ and electronics to "emphasize the meaningful resonances that emerge between people and the spaces they occupy."

She is also an advocate for women in and around music, including sharing resources, access to education, and removing gatekeeping in an industry that is not always welcoming. She is part of a collective creative studio and record label of chronically ill artists and makers called Magic Guts Collective, with artists in Detroit, Denver, Los Angeles, and New York City. Her work encompasses elements of experimental, ambient, drone, and contemporary music. She also has a band that uses elements of neo-folk and neo-psychedelic music.

The permanent website for "Fifth Wall" through the Ann Arbor District Library is aadl.org/fifthwall. The Michigan Theater is located at 603 East Liberty Street, Ann Arbor, MI 48104. Sara Tea can be reached via email at info@saratea.com and her website is saratea.com.

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An Interview with Singer Songwriter Jaimee Harris

By Lisa Viger-Gotte

Jaimee Harris is a Texas-born singer-songwriter. She's known for her beautiful, soulful voice and raw, honest storytelling and was raised in Hewitt, a suburb near Waco, where she began playing guitar at age five. Inspired by Emmylou Harris and Fleetwood Mac, her music combines country and folk influences with her personal experiences and observations, which resonate deeply with her audience. Harris' latest album is Boomerang Town, which explores the themes of family, small-town life, addiction, and successfully navigating the world beyond what we were born into.

Harris and her partner, singer-songwriter Mary Gauthier, collaborate in music and in life. In addition to their musical talents, they both advocate for mental health awareness and LGBTQ+ representation.

I attended Mary Gauthier and Jaimee Harris's performance at the Green Wood Coffee House Music Series. It was like an intimate living room gathering where they shared their authentic stories and delightful melodies. Gauthier's raw, confessional voice delivers profoundly personal narratives, exploring relatable themes like addiction, loss, and redemption. Harris complements this with emotive harmonies and adept guitar work. The two create a seamless collaboration and a deeply personal atmosphere, inviting the audience into their shared musical experience. Intrigued with their story, I interviewed both Gauthier and Harris. Here is my interview with Harris.

Lisa Gotte: Your music is deeply personal and often explores themes of pain and healing—how has songwriting helped you process your own experiences?

Jaimee Harris: It's mysterious and immeasurable. It's been my experience over and over again that the song contains far more wisdom than the songwriter. If I let the song be what it wants to be, midwife it instead of "write" it, I find that years later, it holds deeper meaning than I was aware of when I was midwifing it. The songs continue to be my teachers.

Lisa Gotte: You've performed at intimate venues like the Greenwood Coffee House in Ann Arbor, where the connection between artist and audience feels especially close. How does playing in these smaller, more personal spaces enhance the therapeutic power of your music?

Jaimee Harris: When I started playing music, I was in a duo. Then, I found myself in trios and bands. It wasn't until 2018, when I started touring as a solo, acoustic, opening act for Mary Gauthier, that I found myself struggling to connect in small rooms. I didn't have the songs for that kind of show. Playing in more intimate, troubadour-style venues has made me a much stronger songwriter. I had to learn how to write songs that stand alone with just my voice and acoustic guitar. By writing stronger songs, I connect more deeply with the audience.

Lisa Gotte: You've both been open about your struggles with addiction and recovery. How has music played a role in your healing journey?

Jaimee Harris: When I first got sober, there was a 24-hour coffee shop/venue near a 12-step recovery clubhouse. I spent my days in early recovery hopping between going to meetings and soaking in the great music at the venue; Eliza Gilkyson, Jon Dee Graham, Jimmy LaFave, etc. The music gave me something to hold onto in early recovery. Music continues to be the space where I feel the most understood. It's how I communicate and move through the world. I find it impossible to untangle music from my recovery. They are both my lifeboats.

Lisa Gotte: Many of your songs feel like they offer comfort to those who are struggling. Have fans ever shared how your music has helped them, and how does that impact you?

Jaimee Harris: Oh, yeah. That connection is my favorite part of this job. It makes me want to get back to the next blank page and see how to continue to be of service through songwriting.

Lisa Gotte: You've said that writing songs requires honesty. How do you navigate vulnerability in songwriting while also taking care of yourself emotionally?

Jaimee Harris: I've had the great honor of assisting Mary with many songwriting workshops. One of the lessons she teaches is how the universal is accessed through the deeply personal. If I go deep enough with my work, I will access the universal human experience. The challenge is to go deep enough to find that truth that connects us all. Finding that connection helps me feel less alone, which is why I was initially drawn to this artform as a fan and later as a songwriter.

Lisa Gotte: If you could go back and give advice to your younger self when you were struggling, what song of yours would you want her to hear?

Jaimee Harris: "Catch it Now"

Lisa Gotte: What do you hope listeners take away from your music, especially those who may be going through their own difficult journeys?

Jaimee Harris: Literally anything at all that helps them. Even if it's "man, I hated that song. She totally sucked. I think I can say it better" and then they become a songwriter!

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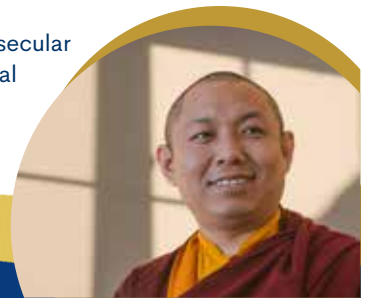

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Rowena Conahan
Naturespeak.life

a free guide to local classes, workshops, and events

May through August 2025

The Crazy Wisdom Calendar

Calendar edited by Kaili Brooks

Art and Craft

Fiber Arts with Dzanc House • Thursday, May 1, 15, & 29; June 12 & 26; July 10 & 24th; August 7 & 21 • 6 to 9:00 p.m. • Do you work in fiber arts? Want to meet with other artists who also crochet, knit, embroider, etc? Come on out to hang at Dzanc House and be in community as you engage in your work. We are a safe and inclusive space. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Day Studios for Local Artists and Writers with Dzanc House • Thursday, May 1 through Sunday, June 15 • Dzanc House is offering quiet and ample spaces for local artists and writers to work on their creative projects. Overnight accommodation is not provided. Offering includes access to all shared facilities (studio, gallery, kitchen, bathrooms) and event programming. Applications are open. Early bird special rate available for local artists! $100 per week or $375 for the month. For more information email Dzanc House at gallery@dzancbooks.org.

Opening Reception for "Ladyscapes & Climate Haste" Gallery Exhibition with Brittany Slater & Mackenzie Stolzenberg • Friday, May 2 • 6 to 9:00 p.m. • Amid the anxiety of our present world, there is one hopeful thread running through all of the madness: women trying to save the world. The surreal focus of the collages envokes states of contemplation and grief, but also curiosity and creativity! Gallery is open until May 30. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Figure Drawing with Dzanc House • May 7 & 21; June 4 & 18; July 2 & 30; August 13 & 27 • 6:30 to 9:00 p.m. • Practice drawing from life at Dzanc House. All skills are welcome! We recommend you bring your preferred drawing utensils and a sketchbook/large drawing pad. Model and light refreshments included. $10. For more information email Dzanc House at gallery@dzancbooks.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, May 12 & 19; June 9 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $45. For more information contact Robin at robin@aurily.com or visit aurily.com.

Collage & Chill with Dzanc House • Tuesday, May 13 & 27; June 10 & 24; July 8 & 22; August 5 & 19 • 6 to 8:00 p.m. • No theme. No agenda. Just collaging. Supplies are provided, but feel free to bring your own as well! Suggested donation of $5. For more information email Dzanc House at gallery@dzancbooks.org.

Nature Journaling with Mary Ledvina • Thursday, May 8, 15, 22, & 29; June 5 & 12 • 2 to 4:00 p.m. • Experience being in nature while we write, draw, paint, then share. Be guided how to notice, ponder, and make connections with nature through writing along with how to "cloud log," make a map, press flowers, do diagrammatic drawings and more. $240-$300. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

"Past the Woodland Edge:" Gallery Exhibition with Natalie Liu • Sunday, June 6 • 6 to 9:00 p.m. • "Past the Woodland Edge" is a fantastical and immersive multi-media experience featuring mobiles that tell stories—indicative of past folklore and inspired by multiple cultures; a gallery wall of creature portraits, each with different personalities; and sculptures that hint of a foreign environment that is novel, yet familiar. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Westside Art Hop with Sophie Grillet • Saturday, June 7 from 10:00 a.m. to 5:00 p.m. & Sunday, June 8 from Noon to 5:00 p.m. • Art Hop is a quirky Ann Arbor event in which local artists and residents of Ann Arbor's historic Old West Side open their homes or studios to the public. Visiting artists share spaces on neighbors' porches, in garages, and on lawns. Attendees love seeing truly fine art created in many different mediums with free admission and no parking headaches. FREE. For more information contact Sophie at westsidearthop@gmail.com or visit westsidearthop.com.

"Up a Tree" & "Avidity:" Gallery Exhibition with Riyin Tocco & Ken Pendergrass • Friday, July 4 • 6 to 9:00 p.m. • "Up a Tree" will focus on the nuances of nature. All photographs were taken from climbed trees to maintain a balance of youthful creativity. There will also be a call for poetry to accompany the imagery. "Avidity" will showcase small sculptures inspired by Northwest Coast art, displaying the integrity, beauty, and craftsmanship of the art form. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

"Rites of Passage of Time:" Gallery Exhibition with Ginger Chase • Friday, August 1 • 6 to 9:00 p.m. • Tree ring growth. Ice formations. Interference patters in water. "Rites of Passage of Time" documents this phenomena with a specific purpose in mind: to highlight the resilience that exists in nature (and us) through multiple visual remnants of natural responses to trauma and change. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Book Events

Silent Sustained Reading with Dzanc House • Saturday, May 10; June 14; July 12; August 9 • 1 to 2:30 p.m. • A coveted time to simply focus on reading! Bring your favorite book, snack, or drink, and we will have space to spread out and enjoy reading in the company of others who also love to read.

All peoples and ages are welcome. For more information email Dzanc House at gallery@dzancbooks.org.

Author Talk and Book Signing for Pagan Portals: Mestra the Shapeshifter, Ancient Heroine of the Sacred Grove with Dianna Rhyan • Wednesday, May 28 • 6:30 to 8:00 p.m. • Come honor nature goddesses and ancient mysteries. Follow a shapeshifter through sacred groves and immortal seas, to forgotten worlds of peril and beauty. Mestra invites you to re-enchant the world, to discover landscapes where primeval spirits and priestesses' dance. Goddesses shelter mysteries here, nurtured by prophetic trees, watered by speaking springs. Mestra's path of metamorphosis is always open to discovery. Her creativity and circle of sisters may mirror yours. What transformative potential is she gesturing toward for you? Suggested donation to Crazy Wisdom Bookstore. For more information contact Chandra at chandra@crazywisdom.net or visit staffoflaurel.com.

Reading of *Te'ora: From Vulnerability and Wounding to Wisdom and Freedom* with Sharon Diotte • Thursday, June 26 • 6 to 8:00 p.m. • Sharon Diotte shares her powerful memoir, *Te'ora: from Vulnerability and Wounding to Wisdom and Freedom*. 'Te'ora' means "a beautiful new life." Her international journey of healing from sexual assault and domestic violence offers comfort and inspiration for women healing from trauma, and courage to create their own beautiful lives. FREE. For more information email Sharon at teoramemoir@gmail.com.

Author Discussion and Book Signing with Jason Mankey • Friday, June 27 • 4 to 6:30 p.m. • Mankey will be at Crazy Wisdom to introduce his new book *High Priest: Raymond Buckland, Father of American Witchcraft*, a biography featuring one of the first modern self-identifying Witches in the US, Jason Mankey invites you deep into Raymond Buckland's life. Known for bringing Wicca to America, Buckland wrote more than forty titles, placing him among the most prolific occult authors of all time. Free. For more information visitcrazywisdom.net/author-talks or email events @crazywisdom.net.

Buddhism

Bodhisattva Ethics with Geshe Yeshe Thabkhe & Gala Rinpoche • Friday, May 2 through Sunday, May 4 • Times TBA • Geshe Yeshe Thabkhe teaches on the essence of morality based on Asanga's Bodhisattvabhūmi, The Bodhisattva Path to Unsurpassed Enlightenment. Gala Rinpoche teaches on Saturday evening on the power of devotion. $180 Jewel Heart member / $220 Jewel Heart non-member. Pay what you can—No one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, May 4, 11, 18, & 25; June 1, 8, 15, 22, & 29; July 6, 13, & 20; August 3, 10, 17, 24, & 31 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, May 6, 13, 20, & 27; June 3, 10, 17, & 24; July 1, 8 & August 15 • 7 to 8:30 p.m. • In the Tibetan language, "Lam Rim" means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members; $100 for non-members. Give what you can, no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Wednesday, May 7, 14, 21, & 28; June 4, 11, 18, & 25; July 2, 9, 16, & 30. • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded and are available online only. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Love, Attachment, & Freeing the Relational Self with Joseph Loizzo • Saturday, May 10 • 10:00 a.m. to 1:00 p.m. • In this workshop, Dr. Loizzo will draw on his experience integrating Buddhist psychology with contemporary psychotherapy to help participants understand the wisdom of selflessness as a practical way to heal the heartbreak of early trauma and live from our relational Buddha-self of radical openness to loving connection. $75 Jewel Heart members/$90 non-members. Pay What You Can—No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Spring Seminar: Roots of Virtue: How to Respect and Love Yourself with Demo Rinpoche • Saturday, May 24 through Monday, May 26 • Times TBA • Ill-will and harmful actions toward others come at the expense of our own happiness and well-being. True self-interest comes in realizing that respecting and caring for others is the same as respecting and caring for ourselves. That is the meaning and value of virtue. $180 Jewel Heart member / $220 Jewel Heart non-member. Pay what you can—No one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

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The Crazy Wisdom Calendar

Buddhism continued...

The Bodhisattva's Way of Life: Enthusiasm! With Demo Rinpoche • June 12, 19, & 26; July 3, 10, & 17 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This series focuses on chapter 7, enthusiasm. Cost to be determined. Pay what you can—No one is turned away For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • May 4 & 18; June 1& 15; July 6; August 3 & 17 • 6 to 7:30 p.m. • A group session of gentle, energizing, connected breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Ceremonies, Celebrations, and Rituals

Women's Goddess Circle with Chandra • Ongoing 3rd Wednesdays • 6:30 to 8:30 p.m. • A monthly meet up for Maven, Late Millennial, Gen X, and older women. Everyone is welcome but topics will center around these ages & stages. Topics center around: book suggestions, goddess study, cycles of life, seasonal crafting, intention setting activities, anti-fascist banter, connection, and more. FREE. For more information contact events@crazywisdom.net.

Buddha's Birthday with Zen Temple Priests • Sunday, May 4 • 10:00 a.m. to 8:30 p.m. • 10 am. Traditional Buddha's Birthday Service with Special Chanting and Bathing of the Baby Buddha. 11:30 am. Children's Parade, Potluck, Cake, and Ice Cream. 7:30 pm. Lotus-Lantern Lighting and Chanting Service. The lighting of beautiful flower lanterns, a unique Korean tradition, ends the Buddha's Birthday observance in a serene and lovely way. FREE, donations accepted. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Liberation of Life with Zen Temple Priests and Dharma Teachers • Sunday, June 8 • 10 to 11:00 a.m. • In keeping with the Buddhist Precept "Do not harm, but cherish all life," the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. FREE, donations accepted. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Summer Solstice with Esther Kennedy • Friday, June 20 • 3:30 to 4:30 p.m. • Ritual Celebration. Strengthening our Commitment to Earth, this precious planet home. Come bring a friend and welcome summer. FREE. For more information contact the Weber Center at (517) 266-4000, or visit webercenter.org.

Childbirth

Understanding Birth & Baby with Ypsi-Arbor Childbirth Education • Saturday, April 5, 12, 19, & 26 • 10:00 a.m. to 2:00 p.m. • This four-week class series explores labor, birth, and a healthy postpartum. Classes are designed to provide you with a variety of tools to approach labor and postpartum feeling confident and grounded. You will leave class with a strong framework for coping with stress and pain, and anticipatory guidance for the road ahead. $390. For more information contact Ypsi- Arbor Childbirth Ed at info@YpsiArborCBE.com or visit ypsiarborcbe.com.

Children and Young Adults

May & June Littles Clubs with Leslie Science & Nature Center • Ongoing Wednesdays or Fridays • Explore the outdoors with the Little Naturalists Club for the months of May and June! Join our Littles Clubs (two and three-year-olds) community while we explore themes of Beautiful Bugs, Camp-Out, and Blowing Bubbles. All six weeks occur at the Leslie Science and Nature Center rain or shine. The program costs $250 and includes admission to the Ann Arbor Hands-On Museum each program day as well as snacks at every session. Enroll your child today and watch them become budding scientists and explorers of the natural world. For more information visit discoverscienceandnature.org.

Critter House Open Hours with the Leslie Science & Nature Center • Ongoing Weekends • Noon to 3:00 p.m. •Observe frogs, turtles, snakes, and more as they hop, crawl, and slither in their habitats! Our Critter House is the home to many species native to the region. It's a great way to get up close and personal with some adorable and unusual animals, all while developing an appreciation for the incredible diversity of the natural world. FREE, $5 suggested donation. For more information visit discoverscienceandnature.org.

Roots and Wings: Final Reading & Reception Party with Dzanc House • Sunday, May 4 • 1 to 2:30 p.m. • Come and celebrate the publication of our young writers at Dzanc House! Our participants will read and showcase their work in front of family, friends, and peers. This event marks the culmination of our Roots and Wings: Elementary Arts and Culture Program with Literary Publishing program. FREE. For more information contact Dzanc House at youthprograms@dzancbooks.org.

EmpowerED: Final Reading & Reception Party with Dzanc House • Sunday, May 4 • 1 to 2:30 p.m. • Come and celebrate the publication of our young writers at Dzanc House! Our participants will read and showcase their work in front of family, friends, and peers. This event marks the culmination of our EmpowerED: The Middle and High School Literary Arts and Critical Culture Program. FREE. For more information contact Dzanc House at youthprograms@dzancbooks.org.

Fireside Fun with the Leslie Science & Nature Center • Friday, June 20; July 18; August 29 • 6:30 to 8:30 p.m. • There's nothing quite as relaxing as sitting around a campfire and swapping stories! We'll provide a blazing outdoor campfire and roasting utensils—you provide the rest! Bring your family, friends, camp chairs, outdoor games, and anything else you need to create the perfect Michigan memory. Outdoor fires are held rain or shine (except for thunder and lightning), so come dressed for the weather. No registration required. FREE.

New Moon Night Hike with the Leslie Science & Nature Center • Friday, June 27; July 25; August 22 • 8 to 9:30 p.m. • Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit nocturnal animals to learn about how they survive. After the hike, we'll hear stories and poems inspired by the moon and enjoy a campfire. Pre-registration required. $5 per person, 2 and under free. For more information visit discovercienceandnature.org.

Critters Up Close with the Ann Arbor Hands-On Museum • Saturday, June 28; July 26; August 30 • Noon to 3:00 p.m. • Critters Up Close is back! This monthly series features live animals visiting from our Leslie Science & Nature Center site. On the last Saturday of each month, stop by the Ann Arbor Hands-On Museum from 12-3 p.m. to meet different animals up-close and enjoy a hands-on activity. Themes and animals change every month! FREE with paid museum admission. For more information visit discoverscienceandnature.org.

Buddhist Peace Camp with Zen Temple Priests and Dharma Teachers • Friday, July 25 through Friday, August 1 • Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective. Activities emphasize fun, mindfulness, cooperation and appreciation for animals and plants while seeking to balance structure and spontaneity. Per camper fee. Please inquire. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, May 3; June 7; July 5; August 2 • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

Death Café with Rev. Annie Kopko • Tuesday, May 6; June 3; July 1 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, but donations are gratefully received. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Merilynne Rush • Saturday, May 17; June 21; July 19; August 16 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

End-of-life Doula Training with Merilynne Rush • Wednesday, July 16, 23, & 30; August 6, 13, & 20 • 4 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving, addressing the whole person and their "family," and culturally and LGBTQ-sensitive care. $725; scholarships and payment plans available. For more information contact Merylinne at (734) 395-9660, email thedyingyear@gmail.com, or visit TheDyingYear.org.

Drumming

14th Annual Drum and Dance Jam with Curtis Glatter • Sunday, May 4; June 7; August 3 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition; relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum, or use one provided by the event. $5. For more information visit interfaithspirit.org.

Drummunity with Lori Fithian • Saturday, May 17; June 21; July 19; August 16 • 7 to 8:30 p.m. • Join us for drumming, singing, and maybe dancing. All ages welcome. This is a family friendly event with focus on fun, rhythm games, and community-building activities. No experience expected! Drums provided or bring your own. FREE, $5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Energy and Healing

Chi Kung (Qigong) with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays from 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. $215 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Brain Doodle Tune Ups for Groups Online with Debra Metler • Saturday, May 3,10, & 24; June 7, 14, 21, & 28; July 12,19, & 26; August 2, 9,16, & 23 • 11 a.m. to Noon • Brain Doodle Tune Ups utilize the healing power of doodling to reduce stress, improve cognitive abilities, increase creativity, and more. Your group of friends or relatives will enjoy doodling activities during a one hour, refreshing, online workshop with Debra Metler MSW, CHC. Minimum of 3 people/group workshop. $15 for each group member or workshop. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Debbie's Doodle Parties for Groups Online with Debra Metler • Wednesday, May 7,14, 21, & 28; June 4,11,18, & 25, July 9,16, 23, & 30; August 5,12,19, & 26 • 8 to 9:00 p.m. • Debbie's Doodle Parties for Groups Online by Debra Metler MSW, CHC are a lot of fun and can help you keep your brain healthy at the same time. Each online Doodle Party is 1 hour long and full of interactive doodling activities, and more. Invite friends, etc. to party with you (minimum of 3 total). $15 for each group member/Doodle Party. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Introduction to the Emotion & Body Code with Amanda Bate • Wednesday, May 7 • 6 to 7:00 p.m. • Join us at Crazy Wisdom Bookstore for an enlightening event where you'll learn about the powerful tools of the Emotion Code and the Body Code. Discover how these methods can help you release trapped emotions and restore balance to your mind and body. Whether you're new to energy healing or looking to deepen your understanding, this event is perfect for anyone curious about holistic approaches to wellness. Don't miss out on this opportunity to explore the fascinating world of energy medicine! FREE. For more information contact Amanda at bateconsultingllc@gmail.com or visit heal.me/bateconsultingllc.

Gentle Qigong with Rory Walsh • Saturday, May 10 & 31; June 7, 14, 21, & 28; July 12 & 19; August 9, 16, & 23 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. Free on May 10! From May 31, $15 Drop-in, $95 for full term of seven classes. For more information contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Aura & Chakra Photography with Annette Schilz • Saturday, May 10 OR June 14 • 1 to 6:00 p.m. • Energetic readings are generated by the use of biofeedback software through the use of a hand sensor which converts this data into a detailed representation of the aura colors, chakras, and other energetic readings. You'll receive a 4x6 photo of both your current aura and chakras, with a brief color/chakra description to take with you. $35. For more information contact Annette at (517) 605-9720, email contact@wholisticconnection.com, or visit WholisticConnection.com.

Acupuncture & Sound with Rob Meyer-Kukan • Sunday, May 18 • 6 to 7:30 p.m. • Rob Meyer-Kukan from 7 Notes Natural Health will be joined by Lauren Hoffman from Whole-Self Wellness, LLC to share an afternoon of resonance and release. Relax into the tones of singing bowls, gongs, chimes, and more while receiving acupuncture. $50. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

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A CONVERSATION WITH "JOY 503", AN AATA BUS

By Peggy River Singer

Last Fall while riding in an Ann Arbor Transportation Authority bus, I noticed that my bus's ID number was 503.

"Hmmm," I said to myself. "In the numerology system I use (Doreen Virtue), 503 equals 8 for achievement. You must have lots of opportunities every day to be proud of your achievements while you help hundreds of people get to their jobs and appointments and such. That must be very satisfying work."

"It is!" I heard back. I hadn't been expecting a reply, so it was a nice surprise.

"You can call me Joy," I heard in response to my unspoken question. "I love my job! Quite often the people who ride with me are thinking about how they wish they had their own vehicles so they wouldn't need to take a bus. I do my best to maintain a positive energy to share with my riders, and my drivers as well."

Peggy: I've wondered about that. So many people live with stress and carry that energy when they step onto a bus. And bus drivers have the added stress of responsibilities for reaching destinations on time regardless of weather and traffic. So, the positive energy you offer is extremely important.

As a machine, how do you embody and share positive energy?

[bright, tinkling amusement]

Joy: Everything humans make is ultimately composed of elements of Mother Earth. Mother Earth is sentient, and every element and aspect of her existence vibrates with the heartbeat of the planet and is capable of some level of awareness and some manner of connection. As a bus is built, a new entity is formed from billions of atoms of metals and other natural substances. So, I call on all those individual elements to join me in bringing positive energy into the world.

Peggy: Can buses communicate with each other using electronic energies, or by thoughts as we are doing now?

Joy: I will use the term vibrations rather than thoughts, I am sending you micro-vibrations which your mind is converting to thoughts. We also use energies not yet recognized by humans. Plus, our drivers communicate with each other and the home place [bus station] electronically; and our consciousnesses can 'ride along' on those transmissions.

You might compare this to a herd of horses, all of whom are mentally connected. What happens to one herd member – perhaps an injury – is instantly known to the rest of the herd.

Peggy: Are you aware of Creator?

Joy: Yes. Every living thing is aware of Creator in some way.

Peggy: Could you have a conversation with Creator, if you wanted to?

Joy: I suppose so, but since we are permanently linked, I'm not sure what we would talk about since Creator knows everything in every micro-moment on all levels and timelines.

Peggy: Does a bus grieve when it is decommissioned and ultimately scrapped?

Joy: There is awareness of changes, but no interruption of ability to connect, since every atom of a bus's physical form still exists, regardless of what happens to it.

Peggy: I'm imagining millions of buses in different phases of their "bus-ness" swapping stories of their adventures! "Remember that guy who always spilled his coffee on my seat?"

Joy: What a delightful image, I am sharing it now and I feel a wave of amusement from my fellow buses!

Peggy: Is there anything else you'd like to say today?

Joy: I hope my words inspire people to look at the world in a new way, with fresh appreciation for the different forms "life" can take. Blessings to all.

Peggy River Singer is a Pleiadian Starseed, Lightworker, all-beings communicator, faerie ally, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call (734) 548-0194.

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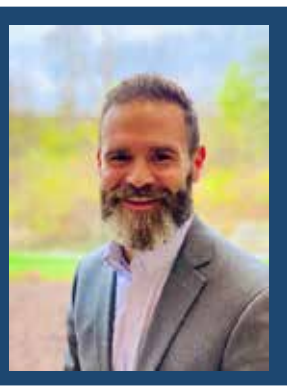

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The Crazy Wisdom Calendar

Energy and Healing continued...

The Healing Feast: Rest Experience and Potluck with Sari Brown • Monday, May 23 • 5 to 8:00 p.m. • A communal "rest experience" with music, movement, and guided healing practices around the theme of Resting in the Divine Feminine. Potluck at 5 pm. Sliding scale tickets for the program which begins at 6:30 pm. All genders & ages welcome. Sliding scale adults: $11 - $44, children: $5. For more information email thehealingfeastofconnection@gmail.com.

Exercise and Fitness

MOVE Upstairs Grand Opening with Elaine Economou & Robin Krienke • Thursday, May 1 through Saturday, May 31 • Special offers on our upstairs classes which will include yoga, Pilates, and GYROKINESIS® classes. Price depends on class package chosen. For more information contact MOVE Wellness at (734)224-2560 or email office@movewellness.com.

Active Against ALS Twinkie® Run 5K Run/Walk • Sunday, May 4 •9:00 a.m. • Join us for a 5K loop through Gallup Park in Ann Arbor on May 4, 2025, at 9am. Twinkies® will be served along the route and at the end of the race! We encourage festive attire and a lot of fun. Help us raise money for ALS while enjoying some yummy treats! ·Registration is $35 for adults (age 13+) through May 3. ·Race Day Registration is $45 for adults (age 13+). Kids 12 and under run for free! If you have questions, please contact us at info.activeagainstals@gmail.com or visit us at ActiveAgainstALS.org or contact jennifercollins9@hotmail.com.

Pelvic Power with Suzanne Willets Brooks • Saturday, May 31 • 1 to 4:00 p.m. • The evidence-based Franklin Method® pelvic power class will help you understand and embody the anatomy of the pelvis, hip joints, sacrum, and the pelvic floor. We will use Dynamic neurocognitive imagery, proprioception, and efficient movement patterning to help you move with more ease and feel at home in your body. $100. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

Festivals and Fairs

Enlightened Soul 2-Day Holistic Psychic Fair with Amy Garber and the Enlightened Soul Center • The Weekends of May 3 & 4,17 & 18; June 7 & 8, 21 & 22; July 12 & 13, 26 & 27; August 9 & 10, 23 & 24 • Saturday from Noon to 6:00pm, Sunday from Noon to 5:00 p.m.• We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! What a great way to explore a variety of readings and healings at one time, under one roof. Plus, energy healers, shopping, FREE snacks & parking. You choose the session length. Readers: $2/minute, 15-minute minimum. Entrance fee, Saturday $5, Sunday $3. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Lavender Harvest Festival with Joe Pusta • Saturday, July 12 from 8:00 a.m. to 4:00 p.m. & Sunday, July 13 from Noon to 4:00 p.m. • Lavender festival featuring U-PICK lavender, 50+ artisans, food trucks, live music, lavender lemonade, 100+ lavender products made on our farm. $10. For more information contact Joe at Joe (734)239-2213, email lavenderlanemi.com, or visit joe@lavenderlanemi.com.

Japanese Bon Festival at Cranbrook #MIBON2025 with Great Lakes Taiko Center • Sunday, August 10 • 1 to 5:30 p.m. • A Michigan community celebration of the Japanese Bon Festival featuring Bon Odori folk dancing and demonstrations, Japanese Taiko drumming and music, and cultural booths for all to enjoy at the historic grounds of the Cranbrook Japanese Garden in Bloomfield Hills, MI. FREE. For more information contact Great Lakes Taiko Center at (248) 773-8899, email gltc@greatlakestaiko.org, or visit michigantaiko.net.

Film

Free Film & Discussion with Jewel Heart Instructors • Friday, May 9, June 13, July 11, & August 8 • 7 to 9:15 p.m. • FREE, concessions available. Film schedule is as follows:

- May: The Cup. A tale of a monastery whose doors are opened when a group of boys are unable to stifle their love for soccer.
- June: Soul. Joe is a band teacher whose life hasn't gone the way he expected. When he visits another realm, he discovers what soul really means.
- July: Perfect Days. Hirayama cleans toilets, but he notices and appreciates small wonders -- the sun, sunlight, and children laughing.
- August: Hidden Figures. Three African American mathematicians help an astronaut launch into orbit while dealing with discrimination.

For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Herbal Medicine

Herbal Medicine Series with Mary Light • Saturday, July 19 through December • 9:30 a.m. to 4:30 p.m. • Hands on experiential teachings of herbs, herbal medicine, body systems, apothecary skills, and more. $1,500. For more information contact Mary Light at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Holistic Health

Steiner Health Life Force Intensive Health Retreat with Steiner Health • Monday, April 28 through Saturday, May 10 • This two-week intensive session is designed for ambulatory individuals with a variety of ailments, chronic illnesses or anyone seeking a restorative regimen. $5300-$7200. For more information contact the Steiner Health Center at (734) 663-4365, email rshc@steinerhealth.org, or visit steinerhealth.org.

Intuitive and Psychic Development

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, May 6; June 3; July 1; August 5 • 7 to 8:00 p.m. • For Women Only: Meditation concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, May 4; June 1; July 6; August 3 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing, as well as a new level of mental clarity and spiritual openness. $15, see website for payment information. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Summer Intensive: Webinar & Teleconference with John Friedlander • Thursday, July 17 & Friday, July 18 from 7 to 9:00 p.m., Saturday, July 19 & Sunday, July 20, from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission or instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsycholcogy.org.

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Massage

Baby Massage Class with Irene's Myomassology Institute • Saturday, May 17 • 10:00 a.m. to Noon • In this class you'll learn how Infant Massage benefits you and your baby. During class, the teacher will demonstrate how to perform massage and assist you as you massage your baby! You will learn techniques to calm your baby, ease colic, and congestion. This is a wonderful way to deepen your bond with your child. $30. For more information contact the Institute at (248)350-1400, email contact@irenes.edu, or email irenes.edu.

Meditation

Community Sound Bath with Rob-Meyer Kukan • Friday, May 2 & 16; June 6; July 11 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow, etc). $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, May 3; June 7; August 2 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. $35.00, Lunch included. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Meditation on Compassion with Khenpo Tshering Chophel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, May 5, 12, & 19; June 2, 9, 16, 23, & 30; July 7, 14, & 28; August 4, 11, 18, & 25 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, May 4, 11, 18, & 25; June 1, 8, 15, 22, & 29; July 6, 13, & 20; August 3, 10, 17, 24, & 31 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Day of Meditation with Carol Blotter • Saturday, June 7 OR August 23 • 9:00 a.m. to 4:00 p.m. • Experience some peace and calm in a wooded setting with silent sitting and walking in a meditative manner. Meditation instruction available. Suggested Donation of $30-60; pay what you can. Event held at the Michigan Friends Center, 1125 Long Lake Road, Chelsea. For more information email manager@mfcenter.org.

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From our Archives

CULTIVATING CONNECTION: THE POWER OF COMMUNITY GARDENS

By Lisa Viger-Gotte

A community garden is like a little shared oasis, a special spot where folks from all walks of life come together to grow delicious veggies, fragrant herbs, and beautiful flowers. It becomes a green sanctuary, where members roll up their sleeves, dig in the dirt, and let nature work its magic. Often organic, community gardens help promote soil health and community connection as much as they do delicious, locally grown food.

Community gardens play a vital role in environmental sustainability by promoting green spaces, biodiversity, and sustainable gardening practices such as composting and water conservation. By utilizing underutilized land and vacant lots, these gardens transform urban landscapes into vibrant, productive spaces, enhancing the overall quality of life in the community.

Belonging to a community garden entails certain responsibilities to ensure the success and sustainability of the shared space. Members are typically expected to maintain their individual plots by regularly planting, watering, weeding, and harvesting crops. It's crucial to adhere to the agreed-upon guidelines and rules set by the community garden, respecting the rights and space of fellow members. Active participation in communal tasks such as maintenance, composting, and organizing events or workshops may also be expected. Additionally, members should contribute to the financial sustainability of the garden through membership fees or volunteer hours. Effective communication and cooperation among members are essential for resolving conflicts, making decisions collectively, and fostering a harmonious and inclusive garden environment. Overall, being part of a community garden requires a commitment to collaboration, shared stewardship, and respect for the community and the natural environment.

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Belonging to a community garden offers a multitude of benefits that span social, economic, environmental, and personal realms. Community gardens serve as hubs for social interaction and connection, offering opportunities for neighbors to bond, share knowledge, and support one another. Through shared tasks and collaborative efforts, community gardens cultivate a sense of belonging and collective ownership, strengthening the fabric of the neighborhood. Sandie Schulze, who belongs to Chelsea Community Garden, as do I, said she's made friendships at the garden and that "It's easy to get to know the persons who have plots around yours." She's looking forward to more opportunities to share produce with the surrounding community.

Participating in gardening activities has been linked to improved mental health, stress reduction, and increased physical activity, contributing to overall well-being. These shared spaces go beyond gardening; they also foster community resilience, environmental stewardship, and personal empowerment, enriching individual lives and their communities. Steven Wright, also from the Chelsea Community Garden, said, "I have developed good friendships over the years within the group. At my residence, there isn't enough sunlight, and this provides a wonderful space to grow vegetables. It gives me a reason to walk somewhere nearly every day and get other forms of exercise."

Connect with your neighbors and get your grow on. Find a community garden close to you with our online list, here.

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The Crazy Wisdom Calendar

Movement and Dance

World Labyrinth Day: Labyrinth Tour with Rob Meyer-Kukan • Saturday, May 3 • 10:00 a.m. to 3:00 p.m. • This year's labyrinth tour will feature a handheld/finger labyrinth walk, two labyrinths on personal/private property, and a public labyrinth on the grounds of a church in the Ann Arbor area. Schedule: 10a.m. – presentation with finger labyrinth walk at 7 Notes; 11 a.m. – depart for various locations; 2:30 p.m. - final thoughts/wrap up; 3 pm – departure. $45. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Music, Sound, and Voice

Live Music Fridays with Stuart Benbow • Ongoing Fridays • 7:30 to 9:30 p.m. • Live Music in the Celestial Lounge at Crazy Wisdom Bookstore hosted by Stuart Benbow. New acts every week! Everyone welcome, donations requested. For more information email events@crazywisdom.net.

Sound Bath Meditation with Michelle Camilleri • Thursday, May 1; June 5; July 3; August 7 • 6:30 to 7:30 p.m. • Immerse yourself in sound bath therapy with 432hz crystal singing bowls and other sound tools at Up Stairs at Crazy Wisdom. Will promote deep relaxation while fostering a sense of well-being. Bring a yoga mat, blanket, pillow, and eye mask. $30. For more information follow @soleful77 on Instagram, text (917) 842-2409, email michelle.camilleri26@gmail.com

Sound Immersion: A Gong Meditation with Sharon Harris & Dana Piper • Saturday, May 3 • 7 to 8:30 p.m. • A one-hour, sonic journey using gongs and many other instruments. Lie on the floor or sit in a chair. Bring a mat, pad, cushion, pillow, and /or blanket for your comfort. Simply let go, and let the sounds do the work. The experience is effortless, and the results can be profound. $20. For more information visit interfaithspirit.org.

Sound Bath at the PARC with Rob Meyer-Kukan • Sunday, May 4 • 7 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation at the PARC in downtown Plymouth. Rob will play metal and crystal singing bowls, with chimes, and more in a sound bath that will wash you with sounds intended to bring calming vibrations to reduce stress and ease tension celebrating our beautiful, creative, and amazing emotions. $45. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Open Mic with Dzanc House • Thursday, May 8; June 19; July 17; August 14 • 6 to 8:00 p.m. • Share your poetry, short stories, or songs at Dzanc House! Open Mic is a monthly time of sharing and caring for one another in a meaningful way. FREE. For more information email Dzanc house at gallery@dzancbooks.org.

Singing for Comfort with Layla Ananda • Friday, May 8; June 12; July 10; August 14 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience necessary. FREE, but donations are gratefully received. For more information visit interfaithspirit.org.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, May 10; June 14; July 12; August 9 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person and on Zoom. Schedule is as follows: Julie Beutel (May 10), Mary & Eric Fithian (June 14), Relics of the Future Past (July 12), Ken Kazora Quartet (August 9) $10. For more information contact the Interfaith Center for Spiritual Growth at interfaithspirit.org.

Release & Renew: A Sound Bath Experience with Martina Smith • Sunday, May 11 & 25; June 15 & 29; July 13 & 27; Aug 10 & 24 • 6:30 to 7:30 p.m. • Unwind and discover inner peace through the transformative power of sound. Immerse yourself in the soothing sounds of crystal bowls, gongs, binaural beats, curated frequencies, and more. These harmonious vibrations will promote deep relaxation and restoration, guiding you toward balance and inner harmony. In-person or on Zoom. $20 on Zoom, $30 advance discount, $40 at the door. For more information contact Martina at (313)406-7928 or email info@wellnessandsound.com.

Community Sing with Matt Watroba • Wednesday, May 14; June 11 • 7 to 8:30 p.m. • You don't need to be a good singer (whatever that means), you just need to have a love for it. Donations are gratefully received. For more information contact Interfaith Center for Spiritual Growth at interfaithspirit.org or visit mattwatroba.net.

Resonant Relaxation: Daytime Sound Bath with Rob Meyer-Kukan • Wednesday, May 21 • 10 to 11:00 a.m. • Are you a busy parent who loves sound baths; but can't attend an event in the evening? Do you have a job that requires evening hours? Are you just plain busy? This hour-long sound bath is for you! $30. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

A Gift of Song with The Threshold Singers of Ann Arbor • Sunday, June 1 • 4 to 5:15 p.m. • Experience loving song wherever you are in life's journey. As you sit or recline, the Threshold Singers share peaceful, soothing music to bring you comfort and support in meeting life's challenges. We then invite you to quietly sing along to a few of our songs. Please arrive before 4 p.m. to park and settle in. FREE, donations appreciated. For more information contact the Threshold Singers at (734) 531-7960 or visit thresholdchoirofannarbor.org.

Solstice Celebration: All Night Puja with 7 Notes Natural Health • Saturday, June 21 from 9:00 p.m. through Sunday, June 22 at 7:00 a.m. • A sound bath is a powerful tool for self-healing. A Puja is a deep all night sound bath meditation. Created by Rob Meyer-Kukan, Deanna Bordeau, and Lauren Hoffman, a puja consists of multiple consecutive sound bath sessions and lasts around 10 hours total. $125. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Flower Sound Bath with Rob Meyer-Kukan • Friday, August 1 • 7 to 8:30 p.m. • Celebrate the beauty of flowers with this flower themed sound bath! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. This collaboration is done with Ypsilanti's We Adore Flowers. $45. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intro to Sound Therapy Workshop with Rob Meyer-Kukan • Saturday, August 23 • 10 a.m. to 4:00 p.m. • In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy (specifically Himalayan singing bowls, crystal bowls, and gongs), and the applications for group and individual use of sound therapy. $325. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Nutrition and Food Medicine

An Evening with Local Author Gaia Kile • Wednesday, June 4 • 7:00 p.m. • in the Crazy Wisdom Upstairs Lounge • Kile is a widely known Family Nurse Practitioner, Former Board President of the Peoples Food Co-op, and Community Activist, who has been for decades a leader in Ann Arbor's holistic medicine, sustainability, healthy food/nutrition, cooperative living, personal growth, Non-Violent Communication, and political activism subcultures in the region. His newly published book, *Menu of Hope – Alternatives to the Food that is Destroying Our Planet*, will be featured. The evening will be a dynamic Q+A with longtime Crazy Wisdom co-owner, Bill Zirinsky, and with the audience, about Kile's book, about his journey through the decades, his current beliefs and concerns, and his vision for ways forward amid political volatility and climate change denialism. FREE.

Nutrition Evangelism with Valerie Thomas • Thursday, May 15; June 19; July 10 & 24; August 7 & 21 • 7:30 to 8:30 p.m. • Explain the role of specific nutrients that enter the body when a given food is consumed on health and healing. Single person $10; Couple $17; Triple $40. For more information contact Valarie at (734) 351-8892 or email ChE4theEarth@gmail.com.

Resources for Conscious Living

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The Crazy Wisdom Calendar

Peace

Peace Generator with Craig Harvey • Friday, May 16; June 20; July 18; August 16 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. Donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Pearls of Wisdom with Master Wasentha Young • Monday, May 5; June 2; July 7, August 4 • 6 to 7:30 p.m. • Hosted by the Peaceful Dragon School, the first Monday of the month starting in May. We will start each session with Peaceful Dragon Rising Stretches respectively followed by a focus presentation in the following topics: Center, Cleanse, Revitalize. Master Wasentha Young; This Energy Body - Acupuncturist Abby Humphrey; Shadow Work for Liberation - Priestess Mara Evenstar; and Community Activism in 2025 - Anna Gersh. Donation driven - suggested $10. Location: 1945 Pauline Blvd., Suite B, Ann Arbor, MI 48103. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Lunch & Learn with Jeremiah Davies & Cindy Schmucker • Wednesday, May 14 • 12:15 to 1:00 p.m. • Join Parks recreation Jeremiah Davies and Cindy Schmucker Parks and Recreation Assistant as they share all the great offerings of our parks including shelters, ball fields, rentals, playgrounds, and more! $10 Lunch included; or Free if you bring your own lunch. Register 2 days in advance if requesting a lunch. For more information contact the Weber Center at (517)

266-4000 or visit webercenter.org.

The Epidemic of Loneliness with Mindy Rodriquez • Wednesday, June 11 • 12:15 to 1:00 p.m. • In today's hyper-connected world, loneliness has emerged as a silent epidemic. This presentation will look at some of the causes; how to identify its presence, especially in the young and the elderly, and offer some actionable steps to foster more meaningful connections in their own communities and lives. $10 lunch included; Free if you bring your own lunch. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Lunch & Learn: The Amazing Outreach of Goodwill with Rebecca Melina • Wednesday, July 16 • 12:15 to 1:00 p.m. • Do you think Goodwill is just clothing? Think again! Rebecca Melina, from Goodwill, will amaze you by all the good things that Goodwill does! $10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

A Practical Guide to Healthy Aging with Marianne Fahlman and Esther Kennedy • Tuesday, August 12 • 9:00 a.m. to 2:00 p.m. • Join Marianne Fahlman, OP and Esther Kennedy, OP as they share their learning on taking care of our bodies and our spirits. The day will include staying physically healthy, lessons on nutrition, and ways to reduce stress and increase mindfulness. Weather it's for yourself or for someone you're caring for, you will be glad you came. $35 includes lunch; scholarships available. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Lunch & Learn: There's Nothing Like a Good Massage! With Savvy Boyd & Kendra Crombez • Wednesday, August 13 • 12:15 to 1:00 p.m. • Massage Therapists will describe different massage therapies and their many benefits. $10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Reiki

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, July 12 from 10:00 a.m. to 5:00 p.m. & Sunday, July 13 from 10:00 a.m. to 1:00 p.m. Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, August 2 from 10:00 a.m. to 4:30 p.m. & Sunday, August 3 from 10:00 a.m. to 1:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) $500. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Reiki Certification Training with Ashley Crawford and Paula Burke • Sunday, August 24 • 9:00 a.m. to 6:00 p.m. • Reiki Level 1 students are led through a step-by-step discovery of the practice, beginning with the concept that we are all capable of moving toward a state of balance and wellness. Reiki Level 2 training continues our learning tradition of lecture, discussions, self-treatment and clinical practice with classmates and the community. Level 1 $177; Level 2 $177; Both for $333. For more information contact Ashley (734) 444-8386 or email ashley.keymassage@gmail.com.

Retreats

3 Day & 4 Day SW Lake Michigan Holistic Yoga and Meditation Retreats with Ann Arbor Yoga and Meditation • Thursday through Sunday, May 1 through 4; May 29 through June 1; July 17 through 20; & July 31 through August 3 • Our small group 3-Day and 4-Day retreats are for beginners and pros. Double room and some single room accommodations, vegetarian meals, and guided daily group classes are included in cost. Three-day retreat is $559, four- day is $749. Registration deadline ends three days before start date. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Cosmic Journey: Implications for Faith with Sharon Zayac • Sunday, May 18 through Thursday, May 22 • This retreat will be a time for input and reflection on our evolving story as humans and as people of faith. Delving into the unfolding Cosmic Creation Story offers us the opportunity to explore new insights into our faith, our understanding of sin, and the meaning of Jesus in our lives. Commuter: $180; Double Occupancy: $280; Single occupancy: $380; Continental breakfast included. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Overnight Beginner's Zen Retreat with Ordained Dharma Teachers • Friday, May 23 & Sunday, May 24 • Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures,

concentration, and mindfulness practice. An overnight stay at the temple and breakfast is included. Cost is $160/$120 unwaged. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

The Heart's Journey: Meditative Techniques for Cultivating Compassion for Self and Others with Khenpo Tshering Chophel • Friday, July 18 through Sunday, July 20 • In this retreat you will learn visualizations and contemplations to further develop your capacity for compassion. Research shows that increasing compassion for yourself and others brings many health benefits and increases happiness and resilience. This retreat will benefit anyone who helps others at work, school, or home. $225 includes meals; optional overnight accommodations additional. No one turned away for lack of funds. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

One Day Retreat with Dharma Teachers • Saturday, August 9 • 9:00 a.m. to 5:00 p.m. • Unplug from media, put aside "to do lists and follow your urge to meditate, just sit. The schedule includes periods of sitting meditation, walking, mindful work practice, rest, and simple stretching with a delicious vegetarian lunch at midday. $50 (members) $60 (nonmembers). For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, May 1 & 15; June 5 & 19; July 3 & 17; August 7 & 21 • 7 to 8:30 p.m. • Shamanic group journeying for personal discovery and inner work. Required: basic journeying skills, which are not taught in these sessions. Apply to attend by emailing info@JudyRamsey.net. Held online via Zoom. $25 per session or $40 per month. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, May 3 & Sunday, May 4 • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice. Healing our ancestral lines can help us heal ourselves and our families. Deepen your connection with the grandmothers and grandfathers in ceremony, in initiation and in the shamanic journey. Prerequisite: basic journeying skills. $200 per person, $100 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Cycles of Life with Connie Lee Eiland • Saturday, May 3 from 10:00 a.m. to 7:00 p.m. & Sunday, May 4 from 10:00 a.m. to 4:00 p.m. • Cycles of Life presents pathways to help with you own life explorations and healing. We will work with the Medicine Wheel, the Spirit and cycles of the Moon, and our Circle of Ancestors. This class includes sacred art, healing, divination, and ceremony. Ability to journey is required. $200 until April 19; $230 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Shamanic Healing for Animals with Judy Liu Ramsey • Tuesday, May 6, 13, 20, & 27; June 3, 10, 17, & 24; July 1 • 7 to 9:00 p.m. • Unique animal healing that draws upon core shamanic practices. Students develop a toolkit within a supportive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication not necessary. Class taught via Zoom. $425 per person, $225 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, May 18 OR August 10 • 10:00 a.m. to 5:00 p.m. • This 6-hour class includes Power Animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Class is in-person. $80 until two weeks before; $100 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Shamanic Gardening with Judy Liu Ramsey • Saturday, May 31 • 9:00 a.m. to 4:00 p.m. • From vision to harvest, take steps to manifest your life dreams and goals through shamanic gardening. Learn how to work with blocks and challenges so that everything contributes to your growth and synchronizes with your own pace and flow. Pre-requisite: basic journeying skills. The class is taught via Zoom. $150 per person, $75 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, June 21 & Sunday, June 22 • 9:00 a.m. to 3:00 p.m. • Shamanic journeying is an easy tool to access spiritual information. Learn to develop a self-directed practice of empowerment, so you can move safely through the world in a balanced way. Meet a power animal who wants to help you in your life. This class is prerequisite to advanced shamanic studies. Class is taught via Zoom. $180 per person, $90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Healing with Spiritual Light with Connie Lee Eiland • Saturday, June 21 from 10:00 a.m. to 6:00 p.m. & Sunday, June 22 from 10:00 a.m. to 4:00 p.m • In Healing with Spiritual Light, we become the Light. We transfigure. This class brings in quantum physics as we work with the unlimited powers of the universe and the Law of Resonance. This method doesn't see the client as ill. Class created by Sandra Ingerman. $200 until June 7; $230 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

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By Katherine Munter

"Write while the heat is in you. The writer who postpones the recording of his thoughts uses an iron which has cooled to burn a hole with."

—Henry David Thoreau

Don kept his materials out on the tables, always ready to go. "When you feel the urge to create, you need to listen, right then. Don't push it away for another time," he told me as we sat in his art studio.

On the wall above his worktable hung a painting of a chicken carcass, its pinkish skin dimpled where feathers once grew. He explained to me that the painting was an important reminder to notice and respond to creative impulse. His bright blue eyes shone with joy, energy, and the wisdom that comes from a lifetime of experiences as he told me the story of how the painting came to be.

One sunny afternoon, his wife had come home from the farmer's market with a chicken she'd intended to cook for dinner. She'd unwrapped it and begun to chop some fresh herbs to dress it. He noticed the way the sunlight gently reflected off the skin and knew he had to paint it. Promising to return soon, he gleefully took the chicken upstairs to the studio and dug into his paints.

Completely immersed in his work, he studied the curves of the body, the contrasting textures of the skin and the crumpled butcher paper. He was unaware of the passage of time or the hunger in his empty belly. When he was satisfied with his work, he stretched his aching back and noticed the sun was going down. Realizing the meat was no longer safe to eat, he sheepishly crept back downstairs. He prepared an apology that he never had to deliver. "It's ok, I made soup instead," she responded when she heard his quiet footsteps in the hall.

The painting hung in a prominent spot in his studio to serve as a reminder that creative urges are worth listening to, that the process of creating is as vital as eating. "Promise me you'll keep making art, no matter how busy life gets. Especially when life gets busy. Promise me," he said, as he looked into my eyes. I brought my hand to my chest and promised. It's that very promise that has kept me picking up materials over the years. I didn't realize it then, but that promise has been a gift. It's nudged me to take care of myself in the times I needed it the most.

When it came time for me to leave Don's studio, he lingered, not wanting the day to end. As the sun hung low in the sky, we said goodbye and embraced in the last hug we'd ever share.

Our time is uncertain. If you could push everything else off your plate for a moment, giving creativity your sole attention, what would you create?

Katherine Munter is a clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Visit her online at CreativeLifeTherapy.com.

Shamanism continued...

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday and Sunday, July 19 & 20, from 9:00 a.m. to 5:00 p.m. • Advanced online class with a limit of 6 persons. Deepen understanding of illness and how one's spirit helps the body thrive or not. Focus is on power loss and extraction of misplaced energy. Explore ways to identify and heal illness. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. Class taught via Zoom. $300 per person, $150 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Ancestors & Descendants with Conne Lee Eiland • Saturday, July 19 from 10:00 a.m. to 5:00 p.m. & Sunday, July 20 from 10:00 a.m. to 4:00 p.m • Ancestors and Descendants investigates our connections to our Circle of Ancestors and Descendants in ways that impact our health and wellbeing and those who follow us. This class includes journeys, sacred art, healing, and ceremony. Cycles of Life is a prerequisite. $200 until July 5; $230 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday & Sunday, August 2 & 3 • 9:00 a.m. to 4:00 p.m. • Enhance your relationship to wild animals as well as to your own companions. Learn to communicate with animals the way they communicate with each other telepathically. Discover and deepen your intuitive skills step-by-step in a supportive environment. Class is via Zoom. $180 per person, $90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Shamanic Healing for Animals II with Judy Liu Ramsey • Tuesday, August 5, 12, 19, & 26 • 7 to 9:00 p.m. • Deepen your shamanic techniques working with animals' ancestors and the elements for conditions like dementia. Psychopomp and grief/loss for animals will be covered in depth. Pre-requisite: Shamanic Healing for Animals I. The class is taught via Zoom. $325 per person, $160 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Spiritual Development

Engage Spirit Within: Your Superpower with Ruth Wilson • Tuesday, May 6 • 2 to 2:45 p.m. • Learn to recognize your intuitive and creative inner genius; a state that shifts your focus to creating more of what you want and away from problems. This one step is encouraging and reduces resistance. FREE. For more information contact Ruth at mailruthwilson@gmail or visit ruth-wilson.com.

Intuitive Development using a Pendulum Workshop with Phoenix Duffy • Sunday, May 18 • 2 to 5:00 p.m. • Come gain an understanding of basic intuitive development principles; creation and alignment of your own Spirit Team, calibration of your Pendulum as a tool; instructions how to use it, what to ask and how to ask questions. Learn how to interpret the answers in freeform, using charts, and on the chakras of the body and much more! $75. For more information contact Phoenix at (734) 765-5830, email phoenix@threebutterflies.org, or visit Threebutterflies.org.

Days of Light and Hope: The Joy of Living Your Best Life presented by Eckankar in Michigan • Saturday, May 24 • 11:00 a.m. to 4:30 p.m. • This uplifting event aims to help you connect with the Divine Light and Sound within. The personal spiritual experiences shared by initiates of ECKANKAR may resonate as you seek answers to your deepest questions. ECK Light and Sound Service, 11:00 a.m.-Noon, Finding the Divine in Unexpected Places. Main, 1:30-4:30 p.m., Days of Light and Hope: The Joy of Living Your Best Life. Topics include Raising Your Spiritual IQ with free Experience Journal, Keys to Living Your Best Life, and Finding Your Strength Within. Open to all. Youth activities. Held at the Dexter District Library, 3255 Alpine. For more information visit Eckmi.org, or call (248) 546-9224.

A Water Pilgrimage: Transforming Your Life, and the World through Water with Amanda Anastasia • Wednesday, June 11 OR Saturday, August 9 OR 16 OR 23 • 9:00 am to 4:00 p.m. • Water is waiting for your prayer. If you are looking for deep, sustainable transformation in your inner and outer world, the crystal-clear water of Northern Michigan is calling. This retreat will take place in the Sleeping Bear National Lakeshore. We will engage in earth-based ceremonies designed to create a New Earth. The world is lovingly ready. $160/day, lodging not included. For more information contact Amanda at amahessling@gmail.com.

Prayer As A Journey Through States Of Consciousness with Dana Ganihar and Baruch Brenner • Tuesday, June 17 • 8:00 a.m. • A two day retreat exploring prayer as a model for living. We study a new, and at the same time, ancient, type of prayer consciousness - a pristine state that lacks any theology and allows for personal transformation. Prayer has been perceived as a religious duty. Now we explore it as a way of creating existence. We learn to become prayer. For more information contaact Email Milagros Paredes at prayerasjourney@gmail.com. Learn more at livingthewonder.com.

Become an Ordained Minister in the Order of Melchizedek with Rev. Daniel Chesbro • Sunday, June 29 • 1 to 5:00 p.m. • As an ordained priest, you will be able to perform legal weddings, baptisms, funerals/ memorials, sacred rituals, and ceremonies. Those who do healing work, energy work, body work, or intuitive readings/counseling may wish to become ordained, as a form of legitimacy and protection and as a statement of their spiritual path. $199. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

The Crazy Wisdom Calendar

Sustainable Living Skills

Ypsi Farmers Market with Growing Hope • May Through October • 9:00 a.m. to 1:00 p.m. • Join us at the Ypsi Farmers Market! All season long, we're bringing the community together with a series of vibrant events celebrating local entrepreneurs, culture, food, and fun! From empowering young business owners to honoring heritage and connecting people with resources, there's always something special happening. Special events: May 3rd- Opening Day; May 17th - Children's Entrepreneurial Market; June 21 - Juneteenth Celebration; July 26th - Community Resource Fair; Aug 9th - Food Safety Event/ Mid-Summer event. FREE. For more information visit ypsimarkets.info.

Internship at Strawbale Studio with Deanne Bednar • Full Month in May or July • A unique opportunity to experience a variety of natural building skills while living on-site at Strawbale Studio. Classes and hands-on: foundation, round pole framing, strawbale walls, earth plaster and cob. Enrichment: thatching, foraging, pizza in the earth oven and more! Some partial-pay work trade available. $1250 or $950 paid 1 month in advance. Includes room and board. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Learning Tour at Strawbale Studio with Deanne Bednar • Saturday, May 10 & July 13 from 10:00 a.m. to Noon OR Saturday, August 23 from 1 to 3:00 p.m. • Tour the Strawbale Studio and other enchanting natural buildings with thatched and living roofs, strawbale walls, earth plasters, and sculptures! See rocket stoves, earth oven, mushroom garden, and more. Ask lots of questions. $20. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

The Joy of Foraging with Deanne Bednar • Saturday, May 10 • 1 to 5:00 p.m. • Explore the wild spring plants at Strawbale Studio land! Meet and learn to identify some **"Rites of Passage of Time:"** If you wish, take some home (you dig). Enjoy time in nature and the joy of foraging! We'll take some of our foraged edibles and make scrambled eggs to taste. Stay on for a potluck supper and bonfire if you wish. $40. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Learning Tour & Earth Oven Pizza at Strawbale Studio with Deanne Bednar • Saturday, May 17 • 2 to 7:00 p.m. • Tour the natural buildings and projects at Strawbale Studio. See thatched and living roofs, strawbale and earth plaster structures, and rocket stoves. Ask questions! Then, learn how to fire up the Earth Oven and make your own individual pizza for supper and bonfire. Enjoy time in nature and with each other. All materials provided. $45. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Cording & Lashing Using Natural Materials with Deanne Bednar & Michigan Folk School• Saturday, May 24 • 10:00 a.m. to 4:00 p.m. • You will learn how to make string and cord from various harvested natural plants, then learn several useful knots to lash together several projects of your choice using string or manilla rope. Traditional and practical skills! $110, includes materials. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Earth Oven Workshop with Deanne Bednar and Michigan Folk School • Sunday, May 25 • 10:00 a.m. to 4:00 p.m.• Learn to craft a masonry earth oven for your own backyard. Students will participate in the construction of an oven in class, learning the skills and techniques involved in order to make one for themself. This ancient technology uses all natural materials, connecting us to earth, history, fire, and food! $130, includes materials. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Rocket Stove Outdoor Cooker Workshop with Deanne Bednar • Saturday, June 14 •1 to 7:00 p.m. • Construct a very useful outdoor Rocket Stove Cooker, and enjoy the veggie soup we make on it. Also, meet the earth oven and rocket mass heater and see a demo of a solar oven and insulative cooking. The cooker is the basic combustion unit of a Rocket Stove. $50. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Forage & Craft Workshop with Deanne Bednar • Sunday, July 13 • 1 to 5:00 p.m. • Forage materials and learn several traditional skills: cording from dog bane and day lily, wreath-making or dream catcher from vines, and a sweetgrass braid from the land. We can learn from our human traditions of honoring the earth, reweaving ourselves into nature. $35. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

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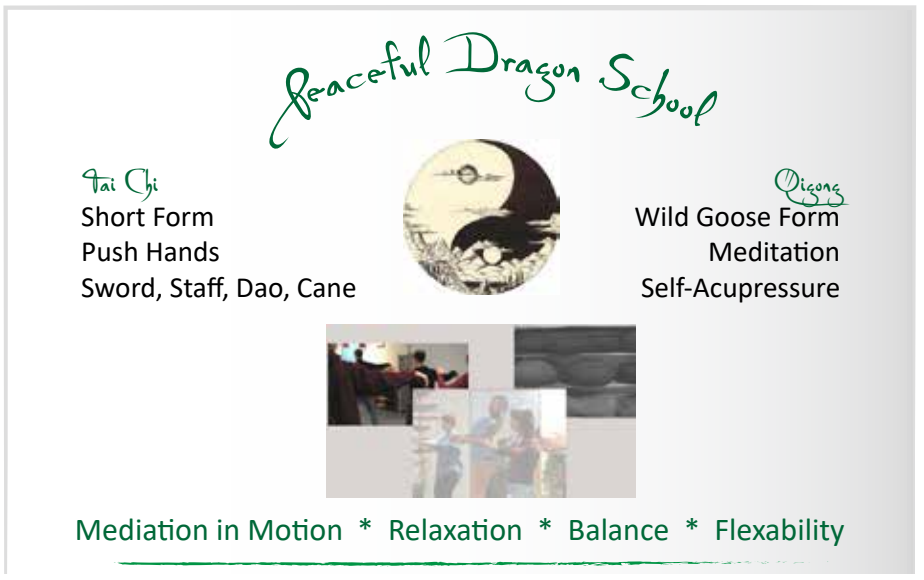
The Crazy Wisdom Calendar

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Full Month in June or August • An enriching opportunity to live and contribute onsite at Strawbale Studio, helping with the grounds, natural buildings, and infrastructure, while also being taught sustainable living skills. Nature, purpose, contribution, learning! Includes basic room and board. 30 hours of work trade a week. No fee. Room, board and enrichment in exchange for help. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

The Joy of Spoon Carving: Workshop with Deanne Bednar • Saturday, August 16 • 10:00 a.m. to 5:00 p.m. • Learn to safely and effectively use several tools to make a spreader knife and simple spoon. We will harvest the wood from the land that day. You can take home extra wood to continue your whittling. Whittling kits with a sloyd and hook knife will be available to buy ($15 - $40) so you can go home and keep carvin'! Bring your own bag lunch. $65, some scholarships available. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Eco Cooking Workshop with Deanne Bednar • Saturday, August 23 • 4 to 7:00 p.m. • See and experience a number of cooking devices at Strawbale Studio! Cook a meal on the outdoor rocket cooker. Heat some food in the solar cooker. Use the insulative cooker, see the earth oven and learn a few other "hot" cooking tips! $45. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.



Tai Chi, Martial Arts, and Self Defense

Beginning Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $215 for the semester. For more information contact Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Ch'uan with Joe Walters • Ongoing Mondays & Thursdays from 5 to 6:00 p.m. OR Saturday from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • Sunday, May 4, 11, 18, & 25; June 1, 8, 15, 22, & 29; July 7 6, 13, & 20; August 3, 10, 17, 24, & 31 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in: $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Tarot and Divination

Tarot Reader Dr. Mari Ziolkowski • Ongoing Wednesdays • 2 to 7:00 p.m. • Highest Guided Meditative Tarot card readings, light language channeling, healing, and clearing, as well as herbal healing divinations. 10-minute, 1 Question, 2-Card Readings for $20. Otherwise, $2/minute; 30-Minute Minimum. For more information contact events@crazywisdom.net.

Tarot & Oracle Readings with Nina McDermott • Ongoing Fridays • 2 to 8:00 p.m. • Reading a combination of Tarot and/or Oracle cards, Nina uses her intuitive gift to take a deep look into a situation, relationship, or question, offering you unique perspectives for insights and positive change. Readings range from $20 to $65. For more information contact Nina at nina@seeseehealing.com, visit seeseehealing.com, or email events@crazywisdom.net.

Oracle Readings with Dr. Suzy Adra • Ongoing 1st, 2nd, and 3rd Saturdays• 11:00 a.m. to 3:00 p.m. • You will gain insight about your most urgent or pressing dilemma or question in addition to clarity and guidance on what to do moving forward. $3 min./15 minute minimum. For more information contact events@crazywisdom.net.

Intuitive Readings with Marcella Fox • Ongoing Last Weekend of the Month• Noon to 3:00 p.m. • Marcella Fox has over 20 years of experience doing intuitive readings. $20 for first 15 min. $1 per min additional. For more information contact events@crazywisdom.net.

Tarot 101 with Nina McDermott • Saturday May 3; June 7; August 2 from 12:30 to 2:00 p.m. OR Wednesday May 7; June 4; July 2; August 6 from 6 to 8:00 p.m. • Class will cover history and basics of Tarot and how to start doing readings. Learn the differences between Tarot and Oracle decks and experience using cards to connect to your intuition while also getting a multi perspective reading. We end with a 30-minute clinic to practice, discuss, and share knowledge with others in the community. $45. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Community Tarot Clinic with Nina McDermott • Saturday May 3; June 7; August 2 from 2 to 2:30 p.m. OR Wednesday May 7; June 4; July 2; August 6 from 8 to 8:30 p.m. • This 30-minute Tarot clinic is immediately following the Tarot 101 class and is open to anyone. Join us in this 30-minute Tarot clinic, where you can practice reading, discuss experiences, and share knowledge with others in the community. A $5 donation is suggested for those not attending the Tarot 101 class. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Tarot Meditation and Mysticism Drop-in Class with Nicholas O'Donnell • Wednesday, May 25 • 6 to 7:30 p.m. • Tarot Meditation and Mysticism explores the Tarot via the Socratic Method, meditation, and reading practice. Each session consists of 45 minutes of discussion/lecture, 20 minutes of meditation, and 20 minutes of reading practice. $10. For more information contact Nick at (734) 299-6472, email nicksvictorygardens@gmail.com, or visit enlightenedsoulcenter.com.

Theater

***ECLIPSED: The Sun, the Moon and Gladys Atkinson Sweet* by D.L. Patrick with Theatre NOVA • Friday, May 2 & 9 from 8 to 10:00 p.m.; Saturday, May 3 &10 from 3 to 5:00 p.m. OR 8 to 10:00 p.m.; Sunday, May 4 & May 11 from 2 to 4:00 p.m.** • 100 yrs ago, Gladys Atkinson Sweet and Dr. Ossian Sweet were charged with first-degree murder following an attack on their home. The trials were litigated by Clarence Darrow. This play imagines the perspective of Gladys Sweet. It is about what women do, and have always done, in the shadows. $30 general; $25: 65 and over; $15: students. For more information contact Sarah at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

Wellness and Creativity

Sacred Creativity Club - May Gathering • Saturday, May 3 • 10:30 a.m. • Join the Club! Our purpose is to create a safe and supportive space for honoring our ideas and creations. Also, connect with like-hearted spirits for support, witnessing and inspiration. Gatherings include a creative check-in and Intuitive art journaling + contemplation for relaxation, insight & art play. Register at https://monlise.Art/club.

Writing and Poetry

A Conversation on the Writing Life with Local Author Colby Halloran and Rachel Pastiva • Thursday, May 15 • 7 to 8:30 p.m. • Join us for an intimate conversation between local bookseller Rachel Pastiva and local author Colby Halloran on Colby's lifelong writing journey, as they discuss life paths, memory, and what happens when you choose to write it all down. Sure to be a thought-provoking evening filled with stories from Colby's fascinating life! FREE. For more information contact Rachel at rpastiva@hotmail.com.

Plein Air Poetry with Mary Ledvina • Thursday, May 29 • 6 to 8:00 p.m. • Would you like to experience writing poetry while being in nature? Would you like to commune with other writers in the outdoors? Would you like to be inspired by nature poets and understand how to use that inspiration to expand your thoughts? Go out with me into the wild world to give some wildness to your writing. $40-$50. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Summer Writing Intensive at Dzanc House • Sunday, July 13 through Saturday, July 26 • Get personalized feedback on your work in a supportive, one-on-one workshop environment with professional authors, poets, and writers! And, have your manuscript reviewed by Editor-in-Chief and Publisher at Dzanc Books, Michelle Dotter. Room and board provided in our beautifully renovated space. Between $1,100-1,250. For more information contact Charlene at residency@dzanchouse.org or visit dzanchouse.org.

Yoga

Deep Centering Class Outdoors or In the Park with Ann Arbor Yoga and Meditation • Ongoing Tuesdays • 4:45 to 5:45 p.m. • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization, and meditation. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Nidra & Meditation Class with Ann Arbor Yoga and Meditation • Ongoing Wednesdays • 11:00 a.m. to Noon • This class will address the whole person, cultivating a state of relaxed awareness to help one become more objective and present, resulting in decreased stress, anxiety, and depression, improved quality of life, and a higher state of well-being. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga for Anxiety Course with Ann Arbor Yoga and Meditation • Ongoing Thursdays • 4:30 to 5:30 p.m. • Classical Yoga for Anxiety program will be taught. Audio and excellent text available to develop your home practice and improve your health and well-being. $130 for 5 classes; $240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Meditation Self-Care Course with Ann Arbor Yoga and Meditation • Ongoing Sundays from 11:00 a.m. to Noon OR Wednesdays from 8 to 9:00 a.m. • Each class will provide a whole body deep, yet gentle and meaningful workout, total relaxation, a great variety of breathing and meditation techniques to inform and inspire stress-less and healthful lifestyle. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Hatha Yoga with Samantha Lieberman • Thursday, May 1, 8, 15, 22, & 29; June 5, 12, 19, 26; Jul 3, 10, 17, & 31; August 7, 14, 21, & 28 • 9:15 to 10:15 a.m. • Sam Lieberman has been practicing yoga since 1988. She received teacher trainings in Yoga Fit and Yoga Medics. Yoga Medics is a medical model approach with emphasis on alignment and therapeutic needs. Drop in, $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Friday, May 2, 9, 16, & 23, 30; June 6, 13, 20, & 27; July 11 & 18; Aug 1, 8, 15, 22, & 29 • 9:15 a.m. to 10:15 a.m. • Experience the how, why, and importance of stretching! Drop-in - $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Toddler Yoga with Courtney Fitzpatrick • Saturday, May 3; June 7; August 2 • 8 to 8:45 a.m. • We're excited to bring back Toddler Yoga to the Yoga House! Parents/guardians, dust off your yoga mat and join us with your active little cutie. We'll be playing games, trying out some yoga poses, read a yoga-related book, and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. $25 (or included in membership). For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Self-Care Sunday For Women with Courtney Fitzpatrick, Penni Jones, & Lynnea Harris • Sunday, May 4; June 1; August 3 • HIIT Happy, Pulse Nutrition, and Verapose Yoga are collaborating for a super fun event, and we'd love for you to be a part of it! Includes: a 30-minute Interval Workout, 30-minute Yin (gentle!) Yoga with Guided Meditation, a 30-minute Nutrition education while you enjoy a protein shake, and time for gathering/sharing as a community at the end. $45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

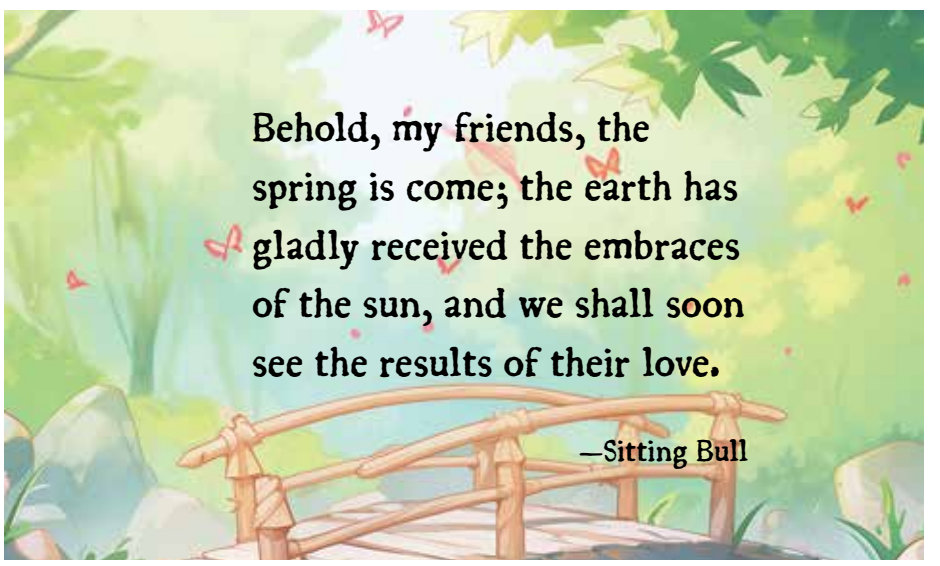
Yoga Classes with David Black • Tuesday, May 6, 13, 20, & 27; June 3, 10, 17, & 24; July 1, 8, 15, 22, & 29; August 6 • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Cost is $60 for six sessions or $12 per drop-in class. For more information contact the Zen Temple at (734) 761-6520or email annarborzentemple@gmail.com.

Second Annual Ann Arbor Rotary Yoga Retreat with Jody Tull, Cinda Hocking, Becky Bail, Saravanan Chockalingam & Jonathan Tyman • Saturday, May 10 • 8:30 a.m. to 4:15 p.m. • Learn breathing, movement, and mindfulness exercises to increase strength and flexibility. Practical sessions and lectures; Pranayama, Asanas, meditation. Learn from expert yoga teachers and medical professionals. Discover a refreshing perspective to activate your own healing environment. Six continuing education credits for physical therapists. $60. For more information visit a2rotary.org.

Yoga for Pride with Aubrey and Art Schupbach • Sunday, June 8 • 9:30 a.m. to Noon • Join us for our 5th annual Yoga for Pride event at Riverside Park in Ypsilanti, MI. This is a donation-based yoga community event that also hosts a mental health resource fair. All donations go to support Michigan nonprofits Stand with Trans and the Michigan ACLU. $25. For more information visit zionwell.com.

Healthy Aging Series with Jennifer Lenders • Saturday, June 14; July 12; August 9 • 4 to 6:00 p.m. • Join Jennifer Lenders, C-IAYT Yoga Therapist, for our monthly Healthy Aging Series. This series, focused on various subjects from learning to calm the mind, to healthy joints to a focus on the wellbeing of the heart, is designed to teach students techniques to feel good and age well. All ages welcome! $40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Seasonal Flow Yoga: Uniting Yoga & Ayurveda Through the Seasons with Sue Whitmarsh • Saturday, June 21 • 2 to 3:30 p.m. • Seasonal Flow Yoga is an innovative practice that aligns yoga, breath, and meditation with the energy of each season. By focusing on the season's dominant bio-energy and personal qualities, we develop self-awareness and connect with nature. Each session concludes with a chant and a seasonally appropriate snack or beverage. $30. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.


Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love.
—Sitting Bull

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Writers Wanted

Great way to be visible in the community, and connected.

We are always looking for good articles about the holistic scene…
reportage, personal journaling and essays, profiles, interviews, journalistic explorations,and other feature writing.

Modest but respectable pay. If you might be interested, please send a letter of interest and links or PDF samples of previously published writing to jennifer@crazywisdom.net.

Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

May 28 - Naomi Shihab Nye - Palestinian-American writer, editor and educator, grew up in St. Louis, Jerusalem, and San Antonio, TX. Teaches at Texas State University, has been Young People's Poet Laureate for the U.S., poetry editor for *New York Times* magazine and *The Texas Observer*, visiting writer in 100+ schools and communities all over the world. She has written or edited 30+ books, most recently *Grace Notes - Poems About Families*.

June 25 - Anita Skeen is the author of six volumes of poetry, including collaborations with visual artists such as *The Unauthorized Audubon* (2014), a collection of poems about imaginary birds accompanied by the linocuts of anthropologist/visual artist Laura B. DeLind. A professor in the Residential College of Michigan State University, Anita is director of its Center for Poetry.

July 23 - John Jeffire is the Detroit author of two novels and three poetry collections. His novel *Motown Burning* won the 2005 Mount Arrowsmith Novel Competition and the 2007 Independent Publishing Awards Gold Medal for Regional Fiction. In 2022, his novel *River Rouge* won the American Writing Award for Legacy Fiction. His recent poetry collection is *A Temple for Tomorrows*.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

CRAZY WISDOM

Friday Live Music

May

2nd Songwriter Round: Stuart Benbow, Steff Kayser, Kandy Fredrick, and Scott Fishkind

9th Live Music Friday

16th Annie & Rod Capps

23rd Rochelle Clark

23rd Judy Insley

7:30 - 9:30pm

114 S Main St. Ann Arbor

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

7 Notes Natural Health
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
Peaceful Dragon School
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Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

Now delivering to spots in Brighton, South Lyon, and Royal Oak too!

Hummingbirds teach us that even the smallest
creatures can have the biggest hearts.
—Unknown